



April – May - June 2010

PLEASE READ THIS BEFORE REGISTERING FOR CLASSES

We understand that advanced registration for twelve week sessions may be difficult for some, but it will allow us to determine when a class has sufficient participation to cover the instructors' fees, and it will relieve the instructors from collecting class fees as they have done in the past. In cases where people may not choose or be available to sign up for three months, we will do our best to allow sign up for shorter periods. Our policy will be to first accommodate people who wish to register for the full 12 week session and then accept as many "part-timers" as space allows. **Please note: Westport residents will receive priority in all classes that have space limitations. Out of town registration will begin on Monday March 22nd.** Refunds will be granted for up to two weeks prior to the start of any program. A full refund will be granted should the Center need to cancel a program. A credit will be issued should a medical or other extenuating circumstance arise. Scholarships for Westport residents are available by contacting either Susan Pfister at 341-5098 or Maybeth Wirz at 341-1072. All requests will be kept confidential. **Registration for Westport residents will begin on Monday March 15, 2010 at 8:30 a.m. Numbers will be distributed starting at 7:30 a.m. to assure a fair and orderly registration process. Please bring your completed registration form with you when you come to register.**

Municipal Agent to Visit Center

Maybeth Wirz, from the Department of Human Services, will visit the Center on April 23, May 19 and June 17 to discuss prescription drug assistance, tax relief, housing issues, home care, transportation and any other issue you may be dealing with. All visits will start at 11:00 a.m. Individual appointments can be made ahead of time by calling Maybeth at 341-1072 or by emailing her at: mwirz@westportct.gov.

Help us to Go Green and Save Paper!



Please email jsuchsland@westportct.gov to have your name added to our weekly list of upcoming events. You may also access the Center's quarterly calendar and monthly menu on the Town's web site at: www.westportct.gov.

Center's Phone Directory

Main Number 203.341.5099 (with answering machine after-hours)

Susan Pfister, Director
203.341.5098

Joan Upchurch, Senior Nutrition
Program Coordinator
203.341.5097

Lisa Marriott, Program Specialist
203.341.5096

Janet Suchsland, Secretary
203.341.5095

Benjamin Palmer, Receptionist
203.341.5099

Center's Hours:

Monday	8:30 – 4:30 p.m.
Tuesday	8:30 – 4:30 p.m.
Wednesday	8:30 – 4:30 p.m.
Thursday	8:30 – 8:00 p.m.
Friday	8:30 – 4:30 p.m.
Saturday	8:30 – 12:30 p.m.

Lectures/Wellness

April, May, June 2010

Channe Fodeman, MSW

- Monday, April 5th - A Challenge of Age: Accepting the Limitations While Finding Fulfillment
- Monday, May 3rd - Promoting Resilience Across the Life Span
- Monday, June 7th - Conflict Management

Lectures are offered free of charge with interactive participation and discussion encouraged. All are welcome!
Time: 1:15 – 2:30 p.m.
Cost: Free!

Let's Talk

Francesca Kirwan, MFT from Jewish Family Services will facilitate a discussion group of any subject matter that may be on your mind. Come and express your issues and concerns in a safe and supportive environment.
Tuesday, April 27 – June 29th
Time: 1:00 – 2:00 p.m.
Cost: Free!

Westport Public Library Update: What's New?

A reference librarian from the Westport Public Library will visit and share the "happenings" at the library. New calendars and schedules from the library will be distributed.
Date: Tuesday, April 6, May 4, June 1
Time: 10:30 a.m.
Cost: Free!

Parkinson's Support

Facilitated by Paul Green, this group will share challenges, techniques, support and knowledge. Professional guest speakers are often invited to share their knowledge, too. Family and caregivers are welcome.
Date: Wednesday, April 28, May 26, June 23.
Time: 10:00 – Noon
Cost: Free!

Blood Pressure Screening

Nursing & Home Care will offer a free blood pressure screening on the 4th Tuesday and 2nd Friday of the month from 9:30 – 11:30 a.m.
Dates: Tuesday, April 27, May 25, June 22.
Friday, April 9, May 14, June 11.
Cost: Free!

Smiling Seniors Group

Come enjoy a fun bunch of single seniors! The group will meet on the last Thursday of the month.
Date: Thursday, April 29, May 27, June 24. Free!
Time: 6:30 – 8:00 p.m.
Facilitator: Stacy Enyeart

Westport Police Department's Detective John Rocke to Visit

Detective Rocke will visit on Friday, April 16 and May 21 from 10:00 – 11:00 a.m. to informally chat about police matters, ID theft, scams and to answer any questions or concerns you may have.

Current Events

Facilitator Al Balas leads a dynamic, interactive discussion every Tuesday from 10:30 – 11:45 a.m. on issues throughout the world and on happenings right here in Westport. Feel free to express your opinion in a safe and respected atmosphere.
Cost: Free!

Safe Driver's Class

This eight-hour course will review trends and safety tips pertinent to older drivers. An officer from the Westport Police Department will make a guest appearance. Please note: You must attend both classes to receive your certificate.
Date: Monday, April 12 & 19
Time: 12:30 – 4:30 p.m.
Cost: \$12.00 AARP member
\$14.00 non-AARP member
Pre-registration and payment with checks made payable to AARP required.

Just for Men

An informal safe haven for men 60+ years of age to discuss issues related to family, retirement, job loss/change, children, grandchildren and other unlimited topics. Share your feelings and concerns with other men in an atmosphere of respect and confidentiality.
Date: 2nd and 4th Thursday: April 8, 22, May 13, 27, June 10, 24
Time: 7:00 – 8:15 p.m.
Cost: Free!
Pre-registration required.

Just for Women

This women's group will be an open forum for discussion. Guest speakers will be invited, and on occasion a film relevant to women will be shown.

Facilitator: Mildred Bunche, LPC

Thursday, April 1 – June 24

Time: 3:30 – 4:30 p.m.

Cost: Free!

Pre-registration required.

“Magical Moments”

- Saturday, April 10

Movie Firsts: First appearances by a star on the silver screen or their first time doing something they haven't done before. Judy Garland, Gene Kelly, Mario Lanza, Dick Haymes and more!

- Saturday, May 8

All About Food: Featured clips relating to food or eating as depicted by the movies. Fred Astaire, Eleanor Powell, Frank Sinatra, Lucille Ball and others.

- Saturday, June 12th

Great Stars: A new session featuring the great stars of the Golden Age doing what they did best – entertain. Bing Crosby, Nelson Eddy, Jane Powell, Bob Hope and many more favorites.

Mr. Byron Matthews, a lecturer from the Lifetime Learners Institute, maintains an extensive, ever-growing library of films and has an impressive knowledge of the movie industry.

Time: 10:30 – Noon

Cost: Free!

American History Lectures

- Saturday, April 17 –

The Legacy of Matthew Brady; Photography in The Civil War Era.

- Saturday, May 22 –

Connecticut's Bohemian Brigade.

- Saturday, June 19 –

George S. Cook; Connecticut's Confederate Photographer.

Facilitator: Bob Berthelson

Time: 10:30 – Noon

Cost: Free!

The Best of Times is Now....

Meditation as Medication

Through lecture, discussion, sharing, group support, learning mind-body skills of meditation, relaxation, stress reduction and attitudinal healing perspectives... the class will focus on learning to live life in the present moment... finding joy, peace, happiness and serenity in the midst of daily life's inevitable ups and downs.

Instructor: Paul Epstein, ND

Dates: Thursday, April 1 – June 24

Time: 11:00 – Noon

Cost: Free!

Charles Grodin

Actor, commentator Charles Grodin will be joining us to discuss his career in show business. Mr. Grodin is best known for his work in the movies. Among his films are *The Heartbreak Kid*, *Midnight Run* and the children's classic *Beethoven* movies. For the last 15 years he has been a commentator on CNBC, MSNBC, 60 Minutes and CBS News, where he is currently heard daily across the country.

Date: Wednesday, April 7

Time: 10:30 – Noon

Cost: Free!

Pre-registration required.

“Who Killed the Electric Car?”

This documentary film will show how this unique vehicle came into being and why General Motors ended up reclaiming its once-prized creation less than a decade later.

Facilitator: Leo Cirino

Date: Thursday, April 15

Time: 2:00 – 4:00 pm

Cost: Free!

Pre-registration required.

USS Intrepid

Art Gottlieb, LCSW, CSA will be bringing us a presentation on the USS Intrepid: Design, Construction and History. Come enjoy this interesting and informative lecture.

Date: Friday, April 9

Time: 10:00 – 11:00 am

Cost: Free!

Pre-registration required.

Westport Modern: When Cool was Hot!

This beautiful photographic exhibit showcases the Westport Historical Society's startling recent discovery of over two dozen important modern buildings in our community. Light refreshments will be served after the tour.

Where: Meet at the Westport

Historical Society, 25 Avery Place

Date: Friday, April 9th

Time: 1:15 pm

Cost: Free!

Pre-registration is required.

A Visual Journey...

Presented by Miggs Burroughs, a Westport graphic artist who combines design with personal expression and has produced award-winning posters for Save the Children, the Red Cross, and Baskin-Robbins, will review his career from early influences, like his father's work for Walt Disney, to POP art to lenticular photography.

Date: Friday, April 23rd

Time: 10:30 – Noon

Cost: Free!

Pre-registration required.

St. Vincent's Center for Wound Healing

Barbara Falb, program Director will be here to give a general overview of the Center, what type of treatments are available and when to call for assistance. The Center has been open for over a year now, and Barbara will discuss the success they have had in treating chronic wounds.

Date: Friday, April 16

Time: 10:00 – 11:00 a.m.

Cost: Free!

Great Courses on Tape: The Science of Self

Some of the most profound secrets about what it means to be human are now being revealed, thanks to the amazing tools of biotechnology. DNA: your Genetic “hard Drive”, cracking the Code all will be explored by Dr. Silver in this course. Dr. Silver is both a member of the Department of Molecular Biology and the Woodrow Wilson School of Public and International Affairs at Princeton University.

Date: Monday, April 5 – May 10

Time: 2:30 – 4:00

Cost: Free!

Pre-registration required.

Local Columnist and Author Hank Herman

Will be here to share his knowledge on writing about your daily life. Hank is an award-winning columnist who writes for the Westport news. He is also the author of a series of sports novels for children. He teaches memoir writing at Trinity College and NCC'S continuing Education.

Date: Friday, May 7

Time: 10:00 – 11:00 a.m.

Cost: Free!

Pre-registration required.

Mindfulness Meditation

A Practical Way to Improve Your Physical and Emotional Health.

Come learn a practical form of meditation that can be practiced in any setting and at any time.

Mindfulness is a nonjudgmental supportive way of being that keeps one's awareness in the present moment, as well as an excellent educational tool to minimize stress, sleep disturbances, headaches, anxiety and high blood pressure.

Instructor: Mildred Bunche, LPC

Dates: Wed. April 7 – June 30

Time: 1:00 – 2:00 p.m.

Cost: \$39.00

Putnam

The name “Putnam,” as in Putnam Avenue, is a familiar one here in southwestern CT. It belonged to an army man, Major General Israel Putnam, who lived over two hundred years ago and who was a heroic figure of the American Revolution as well as an important part of our local history. His story is a fascinating one.

Instructor: John Savage

Date: Friday, May 14

Time: 10:00 – 11:00 a.m.

Cost: Free!

Pre-registration required

Coping with Anxiety

James R. Cook, a social worker from Norwalk Hospital will present a program on anxiety, explaining why people have it, how to identify symptoms and how to cope with anxiety.

Date: Friday, May 21

Time: 10:00 – 11:00 a.m.

Cost: Free!

Pre-registration required.



Love

Disability Resource Center

Fran Sinish, Assistive Technology coordinator for the Disability Resource Center of Fairfield County will be bringing with her some simple low tech products to assist you with your day to day lives. Fran will have information on CT's loan program for assistive technology and brochures for what else is available to assist your every day life.

Date: Friday, June 4

Time: 10:00 – 11:30 a.m.

Cost: Free!

Nanette Greene, MA, LPC Nursing and Home Care

- Coping with Loss
Thursday, April 1
- Coordinating Care for Aging Loved One
Monday, May 3
- First Aid for the Soul
Wednesday, June 9

Nanette will share techniques, strategies and knowledge with interactive participation and discussion encouraged. All are welcome!

Time: 10:30 – Noon

Cost: Free!

Pre-registration required.

Journey

This one hour film is about anti-Semitism and forgiveness. The film chronicles the journey of some 28 St. Louis survivors (including Helen and her late husband Jules Wallerstein) 61 years later, when they were belatedly celebrated and apologized to in a festive year 2000 reunion in Ottawa, Canada.

Facilitator: Helen Wallerstein

Date: Friday, June 18

Time: 10:00 – 12:00 noon

Cost: Free!

Pre-registration required.

Introduction to Digital Photography Course

Open to all photographers and potential photographers who want to learn about digital cameras and how to take better pictures.

Discussion will include the differences between film cameras and digital cameras, what you should know to improve your pictures and how to get your pictures processed.

Instructor: Bob Berthelson

Date: Saturday, April 24, May 15, June 5, June 26.

Time: 10:30 - Noon

Cost: \$40.00 (four sessions)

Pre-registration required.

HuskyPedia...

The HuskyEncyclopedia



Bob Wirz will share his unbelievable website that follows all UCONN athletics. Bob will also share stories of his years involved with Major League Baseball and the Raybestos Brakettes. This is a lecture that you won't want to miss. Bob is married to Municipal Agent, Maybeth Wirz.

Date: Wednesday, April 14

Time: 10:30 – 11:30 a.m.

Cost: Free!

Pre-registration required

Bob Lorenz, YES Networks Pre-Game Yankees Host...



will be here to talk about old school athletes vs. the new breed of athlete. Bob will also talk about attitudes and beliefs that existed in “the good old days.” Of course, the topic of steroids and their impact on athletes (of all ages) will be discussed.

Date: Wednesday, April 21

Time: 11:00 – 12:00 noon

Cost: Free

Pre-registration required.

Connecticut's Judicial Branch

The Honorable Samuel S.

Freedman (Westport resident) will visit with us to discuss the judicial system. Judge Freedman is a Superior Court Trial Referee assigned to the Stamford Judicial District Courthouse. His docket mainly consists of Juvenile matters, Arbitration Proceedings and issuing Bench Warrants. He is a noted judicial scholar at Law and is a member of the teaching staff at Quinnipiac University School of Law. He has also been a Visiting Lecturer at Yale University.

Date: Wednesday, May 26

Time: 1:15 – 2:30

Cost: Free!

Pre-registration required.

Fourth Wall Down Productions: The Art of Storytelling

Join our hosts as they take you through the art of storytelling.

Two guests will be joining them and us to share their stories, with a hope that you too will learn this age old art.

Facilitators: Ina Chadwick and Simon Billig

Date: Wednesday, April 28

Time: 1:15 – 2:30 p.m.

Cost: Free!

Pre-registration is required.

Book Discussion: *Strapless*

By Deborah Davis – a story about the painter John Singer Sargent and Amelie Gautreau, the socialite who was the subject of his famous and controversial painting *Portrait of Madame X*. Cost: Free!

Facilitator: Kris Nash

Date: Friday, June 11

Time 1:15 – 2:30 p.m.

Senior Spotlight



Each quarter we will be “spotlighting” a participant from the WCSA. We would like to get to know you better and have you share your life experience with other members of the Center. A display board will be created and placed in the foyer highlighting you! A brief biography about your life, your interests and anything else you would like to share will be included. If you are interested in being in the “spotlight”, please see Lisa Marriott or Janet Suchsland at the Center. As a thank you, those chosen to be “spotlighted” will receive a certificate for a lunch in the café.

Veterans Benefit Support (VBS)

Paulo Azevedo, Senior Benefit Counselor will be on hand to assist veterans and their families in understanding the requirements and documentation needed in order to qualify for the V.A. long-term care pension otherwise known as Aid and Attendance. The seminar is designed to help veterans and their surviving spouses learn about ways they can pay for the cost of long term healthcare, including in-home care.

Date: Friday, April 2

Time: 1:30 – 2:30 p.m.

Cost: Free!

Korean Spirit & Culture



On Thursday May

13th, Kyung Pak will share Korea's traditional costumes, holidays and culture with us. A film will be viewed of Korea's past 5,000 years and of modern today. The event will conclude with a traditional Korean dessert and beverage.

Time: 2:30 – 4:30 p.m.

Cost: Free!

Culinary

April, May, June 2010

Culinary Classes

Ursula Thompson and Steve Gamberg of Fresh Market will be demonstrating the following:

- Saturday, April 10th
Spring Salad Spectacular
- Saturday, May 8th
Simply Chocolate
- Saturday, June 12th
Fresh Fish with a Twist

Registration is limited to the first 9 persons. Cost: \$6.00/class.
Time: 10:00 – Noon

Blue Lemon Chef to Visit

Chef Bryan Malcarney will once again be back at The Center to conduct a cooking demonstration in the kitchen. This time his menu will be featuring steamed mussels with herb broth, roast chicken with Myers rum glaze and finishing up with a chocolate mousse. The Blue Lemon restaurant received a Very Good from the NY Times!

Date: Thurs. April 29th
Time: 5:00 – 7:00 p.m.
Cost: \$25.00/person
Limit: 10 persons

Nutrition Education

Nancy Ferriello, M.S., R.D., CD-N from the Senior Nutrition Program of Catholic Charities will present

the following educational program at the Center:

- Lowering Your Risk of Cancer and Obesity:
Healthy eating in disease prevention may still be a “mixed message” but what is clear is getting the right nutrients keeps your body strong, helping you fight illness and disease.

Date: Friday, June 11th
Time: 10:45 – 11:15 a.m.
Cost: Free!

Chef Jeanne Licurse Returns!

Holistic health expert Jeanne Licurse returns thanks to support from the Friends of the Westport Center for Senior Activities, Jeanne will conduct a spring cooking series “Maximize Your Health with Whole Grains.” Each month she will present two different grains and their health benefits. This series will be conducted in Sue’s café.

- Thursday, April 1st
- Thursday, April 15th
- Thursday, May 6th
- Thursday, May 27th
- Thursday, June 10th
- Thursday, June 24th

Time: 3:00 – 5:00 p.m.
Cost: \$3.00/class
Payment and pre-registration required.

Did You Know...

That the Center participates in the Senior Nutrition Program and offers a delicious lunch Monday – Friday for a suggested donation of \$4-6? The meal includes a home-made soup, salad, entrée, veggie, starch, dessert, beverage and meets 1/3 RDA guidelines.

Sample menus are as follows:

*Chicken Marsala, rice pilaf, jardinière vegetable blend, tossed salad and pineapple chunks.

*BBQ Ribs, butternut squash, country style vegetables, beet salad and mandarin oranges.

*Roast Turkey, baked sweet potato, peas and onions, green bean salad and yogurt.

*Shrimp Creole, white rice, asparagus tips, tossed salad and honeydew melon.

*Beef Stew with biscuit, Tuscany blend vegetables, beet salad and orange.

*Lemon Baked fish, corn, chopped spinach, tomato salad and fruited jello.

A 24-hour advance reservation is required. Please call 203.341.5099 to make a reservation.



Foreign Languages and Games

April, May, June 2010

LANGUAGES

Beginner's Spanish

This course provides solid syntax, grammar and vocabulary foundations. No previous experience or recent exposure to the language required. Emphasis will be on developing functional and useful conversational skills.

Instructor: Monica Sosa

Monday, April 5 – June 28

(no class 5/31)

Time: 11:00 – Noon

12 classes = \$36.00

Intermediate Spanish

Building on Spanish for beginners, this course goes into more advanced grammar, speech, conversational and writing skills.

Instructor: Monica Sosa

Monday, April 5 – June 28

(no class 5/31)

Time: 10:00 – 11:00 a.m.

12 classes = \$36.00

Beg./Inter. French with Nell Mednick

We will send you on a make-believe trip to France and you will learn to hold a conversation in French from the airport to your hotel, from taking a metro to getting your rental car. We'll discuss the names of French dishes and how to order them. You'll learn how to ask for directions to the cinema and museums.

Wednesday, April 7 – June 30

Time: 1:00 – 2:30 p.m.

13 classes = \$39.00

Conversational French

You'll speak French from the moment you walk into class to the moment you leave. You'll improve your speaking and listening skills.

Instructor: Nell Mednick

Wednesday, April 7 – June 30

Time: 10:30 – Noon

13 classes = \$39.00

NEW!

Conversational

German –Instructor Nell Mednick will be providing you with current German newspapers that you will read and discuss. A good knowledge of German is required for this class.

Tuesday, April 6 – June 29

Time: 10:00 – 11:30 a.m.

13 classes = \$39.00

GAMES

Recreational Bridge

Date: Every Monday

Time: 10:00 – 11:30

a.m. and from 1:15 – 4:15 p.m.

Cost: Free!

Come and make up your own foursome in the café.

Please note: No instruction is provided.

Bridge Instruction with Lenore

You'll learn the language of bidding, scoring, guidelines for play and hand valuation. Come improve upon your skills and improve your game.

Instructor: Lenore Ehrensaal



Monday, April 5 – June 28 (no class 5/31)

Time: 10:00 – 11:45 a.m.

12 classes = \$36.00

Poker

Come and enjoy the game of poker every Tuesday and Thursday from 9:30 – Noon in the game room. You'll have loads of fun!

Bingo

Come and play different types of Bingo games called by the one and only Dana Johnson. You'll have fun and maybe even go home a winner! Every Thursday from 1:15 – 2:30 p.m. Refreshments will be served.

Mah-Jongg

A game of Chinese origin usually played by four persons with tiles resembling dominoes and bearing various designs. Instructor, Annette Kirban will get you started.

Thursday, April 1 – 29 or

May 6 – June 3

Time: 1:15 – 3:00 p.m.

5 Classes / Session = \$15.00

Billiards Pool Table

The Center has a beautiful pool table in the game room available for free play on a pre-registered basis. Please call the

Center at

341-5099

for your

time slot.



Table Tennis

Is set up every Tuesday from 1:30 – 3:00 p.m. on a first come first served basis. Additional times can be arranged as space permits.

Creative Arts/Crafts/Socials

April, May, June 2010

Beading, Jewelry or Stained Glass Instruction

Learn how to make beautiful necklaces, bracelets, pins and decorative items. Learn about the different types of glass, how to cut, copper foil, solder, frame and grind so that you will create a beautiful finished product.

Instructor: Kyra Avalotis
Friday, April 2 – June 25

Time: 10:00 – Noon
13 Classes = \$39.00

Drawing & Watercolor

College professor Tom Scippa will teach the art of drawing and watercolor techniques.

Beginners:

Monday, April 5 – June 28th
(no class 5/31)

Time: 10:00 – Noon
12 classes = \$36.00

Intermediate:

Tuesday, April 6 – June 29th
Time: 10:00 – Noon
13 classes = \$39.00

Beyond One-Stroke Painting

You'll be using techniques to paint, on items we provide, for enjoying your everyday life.

Hand-painted designs will include glass, wood, fabric, metal and canvas. Additional services are allowed at the teacher's discretion. Supplies will be provided.

Instructor: Darraugh Cianfichi
Thursday, April 1 – June 24th
Time: 4:30 – 6:30 p.m.
13 classes = \$52.00

Open Portrait Sketching & Painting Workshop

This is a relaxed and fun workshop where we create, learn and support each other as we sketch and paint.

Facilitator: Vicki Forest
Wednesday, April 7 – June 30th
Time: 9:00 – Noon
Cost: \$5.00 /class

Joy of Painting I

Learning techniques: watercolor, botanicals, acrylic, pastel, pencil and charcoal. Beginners are welcome.

Instructor: Barbara Lawless
Thursday, April 1 – June 24th
Time: 10:00 – Noon
13 classes = \$39.00

Joy of Painting II

Learning skills: perspective, composition, negative/positive space, color and values.

Instructor: Barbara Lawless
Thursday, April 1 – June 24th
Time: 1:00 – 3:00 p.m.
13 classes = \$39.00

Sculpture Instruction

For beginners & experienced. You'll work in clay exploring techniques and developing individual expression. Clay pieces will be fired in kiln and either painted or glazed.

Instructor: Tom Scippa
Tuesday, April 6 – June 29th
Time: 1:00 – 3:00 p.m.
13 classes = \$39.00

Drawing, Sketching, Painting for Everyone

Explore and experience different techniques and approaches to drawing. You will learn quick sketches, detailed renderings, drawings that are fantastical and imaginary, as well as realistic representations.

Instructor: Mercedes Arensberg
Thursday, April 1 – June 24th
Time: 5:00 – 7:00 p.m.
13 classes = \$39.00

Drawing Animals



Who wouldn't like to draw or paint their favorite pet? Once you work with the simple forms found in nature, you can! We will work in colored pencil, water color, and pastel.

Instructor: Lisa Arnold
Friday, April 30 – June 4th
(no class 5/28)
Time: 1:00 – 3:00
5 Classes = \$15.00

Open Craft Workshop

Jean Handy and company will help you complete any craft or art project you just haven't been able to finish. Free!

Date: Every Wednesday
Time: 1:00 – 3:00 p.m.

Come Grow with Us!

Creative Arts/Crafts/Socials

April, May, June 2010

Drama

Join this fun class directed by Jill Jaysen. Come and read plays and show off your talent! No experience necessary. Everyone is made to feel like a superstar!

Thursday, April 1 – June 24th

Time: 1:00 – 2:30 p.m.

13 classes = \$19.50

Drumming Circle

This interactive program uses drums, percussion instruments and world rhythms to build community, lift spirits and create a rhythmical experience. This event is being co-sponsored by the Friends of the Westport Center for Senior Activities.

Instructor: Randy Brody

Date: Tues. April 6 & June 1

Time: 2:00 – 3:00 p.m.

Cost: Free!

Italian Renaissance/Art

This series will introduce you to the basic historical, social and philosophical aspects of the Italian Renaissance with a main focus on its visual artists.

Instructor: Mercedes Arensberg
Friday, April 2 – June 25 (no class 5/28)

Time: 1:00 – 3:00 p.m.

12 classes = \$36.00

Graffiti:

Art or Vandalism?

In this lecture, we will explore the very public works of graffiti artists throughout the past twenty years and examine the styles, use of color, symbolism

and reasons for this art form.

You are also invited to try making some graffiti of your own – it's tempting!

Instructor: Lisa Arnold

Date: Monday, May 10

Time: 1- 3pm

Cost: Free!

Writing Children's Books

Whether your goal is publication or simply personal satisfaction and sharing with those special children in your life, this unique combination of memoir writing and writing for children will help you achieve it. Registration a must!

Instructor: Barbara Stretton

Date: Thursdays, April 1 – May 20

Time: 3:00 – 5:00 p.m.

8 classes = \$24.00

Saturday Socials

- April 17– Musician Brian Gillie
- May 15– Singer Suzanne Sherman Propp and the Staples musical group For The Heart
- June 26– Sophistication Duo

Lunch will be served at 12:30.

All socials are \$6.00 per person.

Pre-registration and payment are required for all socials. The socials will conclude at 3:00 p.m.

Thursday Evening Socials at the Movies with Supper

These movies will be shown on the Center's large screen in the media room. Nutritious sandwiches, dessert and beverages will be offered at 5:15 p.m. The movie will start at 6:00 p.m.

- April 22 - "Amelia"
- May 20 - "The Blind Side"
- June 17 – "An Education"

Cost: \$6.00 per person. Movie alone \$3.00.

Pre-registration and payment required!

Thursday Evening Cookout

Join us for our first cookout of the season. We will be firing up the grill and celebrating the start of the summer season! Come enjoy burgers, hot-dogs, chicken, salads, watermelon and the works!

Date: Thursday, June 3rd

Time: 5:00 -7:00 p.m.

Cost: \$6.00 per person

Reservations and pre-payment required!



Exercise/Dance

April, May, June 2010

Yoga for Total Health

Learn the basics of Kripalau-based Hatha Yoga in a gentle, warm environment.

Instructors: D. O'Hearn, E. Harris.
Monday, Wednesday and Friday
Time: 8:45 – 9:45 a.m.

Monday, April 5 – June 28 (no class 5/31)

12 classes = \$36.00

Wednesday, April 7 – June 30

13 classes = \$39.00

Friday, April 2 – June 25

13 classes = \$39.00

Self-Awakening Yoga

Learn the Yoga postures integrating breathing and meditation techniques to increase vitality and focus, giving a sense of peace, balance and well-being.

Instructor: Melanie J. VanVliet
Saturday, April 3 – June 26
Time: 8:45 – 9:45 a.m.

13 classes = \$52.00

Very Gentle Yoga

This healing restorative class will include a floor series of basic supported Yoga postures, breathing techniques and guided meditation to rejuvenate and renew mind, body and spirit.

Instructor: Melanie J. VanVliet
Saturday, April 3 – June 26
Time: 11:15 a.m. – 12:15 p.m.

13 classes = \$52.00

Yogalates

A fusion of Yoga and Pilates. Learn Yoga principles to improve range of motion integrated with the core strengthening techniques of Pilates, ending with a restorative guided meditation and relaxation.

Instructor: Melanie J. VanVliet
Saturday, April 3 – June 26
Time: 10:00 – 11:00 a.m.

13 classes = \$52.00

Beginner's Qigong

Energy exercises for strengthening and detoxification

healing. Sounds and movements are performed to help purge negative emotions such as anger, fear, grief, worry and anxiety.

Instructor: Elieth Harris
Tuesday, April 6 – June 29
Time: 8:40 – 9:40 a.m.

13 classes = \$52.00



Pilates

An exercise system focused on improving flexibility and strength for the total body; a series of controlled movements engaging your body and mind.

Instructor: Charlene Erwin
Tuesday, April 6 – June 29 (no class 4/20)

Time: 9:00 – 10:00 a.m.

12 classes = \$48.00

Thursday, April 1 – June 24 (no class 4/15)

Time: 11:00 - Noon

12 Classes = \$48.00

Thurs. (Inter.) April 1 – June 24
(no class 4/15)

Time: 5:00 – 6:00 p.m.

12 classes = \$48.00

Strength Training

Emphasis on hand weights and exercises to stretch and tone muscles and bones.

Instructor: Sandy Adamczyk.
Monday, April 5 – June 28
(no class 5/31)

Time: 1:00 – 2:00 p.m.

12 classes = \$36.00

Ballroom & Latin Dance

Learn to dance with your peers, build confidence and increase your coordination while developing an understanding of rhythm and timing. No partners required!

Instructor: Nicole Stavola
Tuesday, April 6 – June 29
Time: 1:00 – 2:00 p.m.

13 classes = \$39.00

Aerobic Chair

An exercise routine that develops strength for legs and upper body while providing an aerobic workout. It's fun, too!

Instructor: Ruth Sherman.
Tuesday, April 6 – June 29
Time: 9:45 – 10:30 a.m.

13 classes = \$19.50

Thursday, April 1 – June 24

Time: 9:45 – 10:30 a.m.

13 classes = \$19.50

* - Requires physicians approval, fitness intake form and signed release waiver.

Please see front desk for these forms prior to registration.

Dance and Stretch

A dance inspired cardio fitness program that is great for men and women. Learn the basic steps of Merengue, Mombo, Cha Cha, Foxtrot, Waltz and Tango. Enjoy the up-beat rhythms of Latin America music, along with the Big Band era. No partners required.

Wednesday, April 7 – June 30

Time: 1:00 – 2:00 p.m.

13 classes = \$39.00

Parkinson's Fitness Class

Specifically designed for the Parkinson's Support Group participants. The fitness class will meet every Wednesday from 10:00 – 10:45 a.m. with the exception of the 4th Wednesday of the month when the Parkinson's Support Group will meet with Paul Green. Instructor, Ruth Sherman will lead the exercise class through balance, stretch and weight-bearing exercises. Offered free of charge, thanks to a grant received from the State of CT.

Tai Chi

Mari Lewis teaches the Yang method of Tai Chi, a pleasurable and beautiful form of exercise that builds strength, balance and peace of mind.

Wednesday, April 7 – June 30

13 classes = \$39.00

Time: Beg. 10:30 – 11:30 a.m.

Inter. 11:00 - Noon



Chair Tai Chi

Adapted for those who prefer to exercise while sitting down or have balance issues. You'll exercise the upper body following the principles of tai chi. The slow, circular movements of tai chi is done in a relaxed manner which promotes deep breathing, improved blood circulation and energy flow. Tai Chi is effective in preventing falls.

Instructor: Mari Lewis

Wednesday, April 7 – June 30

13 classes = \$39.00

Time: 1:00 – 2:00 p.m.

Fitness Center *

Classes are held in a fully equipped work-out room in a warm and friendly environment. Certified trainers will assist and guide you during these scheduled classes.

Monday, April 5 – June 28

(no class 5/31)

Time: 9:30 – 10:30 or 10:30 – 11:30 a.m.

12 classes = \$36.00

Tuesday, April 6 – June 29

Time: 9:30 – 10:30 or 10:30 – 11:30 a.m.

13 classes = \$39.00

Wednesday, April 7 – June 30

Time: 9:30 – 10:30 or 10:30 – 11:30 a.m.

13 classes = \$39.00

Thursday, April 8 – June 24

Time: 9:30 – 10:30 or 10:30 – 11:30 a.m.

13 classes = \$39.00

Friday, April 9 – June 25

Time: 9:30 – 10:30 or 10:30 – 11:30 a.m.

13 Classes = \$39.00

Open Gym*

To enroll in this program you must have completed at least six weeks of training with a certified trainer in our Fitness Center program. See available dates and times above.

Open gym times: Monday through Friday 8:30 – 9:30 a.m. and 11:30 – 12:30 p.m. on Monday and Tuesday.

\$3.00 per session. Tickets are available for purchase at the front desk.

Introduction to Exercise*

Designed for people with Arthritis, Osteoporosis or who have undergone joint replacement surgery. The fundamentals of exercise including stretching, cardiovascular and strength training will be covered. The class is self paced and is for the beginner level participant.

Instructor: Ilene Boyar

Friday, April 2 – June 25

Time: 11:30 – 12:30 p.m.

13 classes = \$52.00

Beg. Strength Training *

Class format includes a cardiovascular warm-up, stretching and a personalized strength training program using exercise equipment, free weights, bars and balls. It is recommended this class be taken twice a week.

Instructor: Ilene Boyar.

Monday, April 5 – June 28

(no class 5/31)

* - Requires physicians approval, fitness intake form and signed release waiver.

Please see front desk for these forms prior to registration.

Time: 3:30 – 4:30 p.m.
12 classes = \$48.00

Thursday, April 1 – June 24

Time: 4:00 – 5:00 p.m.
13 classes = \$52.00

Saturday, April 3 – June 26

Time: 9:30 – 10:30 a.m.
13 classes = \$52.00

Beyond the Basics *

This class is a continuation of Beginning Strength Training. Each participant will receive a personalized exercise program using machines, free weights, bars and balls, to improve strength and endurance, protect joints, increase bone density and reduce body fat. This class is recommended twice a week.

Prerequisite: Must have completed at least one semester-long fitness class in the fitness center.

Instructors: Ilene Boyar, CFT, EMT, AFAA; Katie Bryant, M.S. Ed., ATC, LAT. Allison Reid, MS, ATC, LAT.

Monday, April 5 – June 28

(no class 5/31)

Time: 11:30 – 12:30 p.m. **or**
2:00 – 3:00 p.m.
12 classes = \$48.00

Tuesday, April 6 – June 29

Time: 11:30 – 12:30 p.m. **or**
2:00 – 3:00 p.m.
13 classes = \$52.00

Wednesday, April 7 – June 30

Time: 11:30 – 12:30 p.m. **or** 2:00 – 3:00 p.m. **or** 3:30 – 4:30 p.m.
13 classes = \$52.00

Thursday, April 1 – June 24

Time: 11:30 – 12:30 p.m. **or** 2:00 – 3:00 p.m. **or** 5:00 – 6:00 p.m.
13 classes = \$52.00

Saturday, April 3 – June 26

Time: 8:30 – 9:30 **or** 10:30 – 11:30
13 classes = \$52.00

Beginner Core Strength *

Focus on strengthening the muscles of your core: abdominal, lower back, hips and pelvis. Improve posture and balance and decrease the risk of lower back pain and muscle injury.

Instructor: Ilene Boyar

Monday/Wednesday

Date: April 5 – June 30

(no class 5/31)

Time: 3:00 – 3:30 p.m.

25 classes = \$50.00



Advanced Core Strength*

This class is a continuation of Core Strength. Prerequisite – Must have completed at least one semester-long Beginner Core or Beyond the Basics Strength Training class.

Instructor: Ilene Boyar

Tuesday/Thursday 3:00 – 3:30

Date: April 1 – June 29

26 classes = \$52.00

Balance Class*

This class is designed to help participants improve their balance

and stability in order to decrease their risk of falls and injury.

Instructor: Ilene Boyar.

Tuesday and Thursday

Time: 3:30 – 4:00 p.m.

Date: April 1 – June 29

26 classes = \$52.00

Save the Date...



Life Line Screening will be visiting the Westport Center for Senior Activities on Friday, April 30th from 8:30 a.m. – 4:30 p.m. Carotid artery disease, abdominal aortic aneurysm, peripheral arterial disease and osteoporosis disease screenings will be offered.

Stay tuned for additional information regarding appointments and reservations.

Hearing Screenings



David Ogilvy, BC-HIS visits the Center on the 2nd Wednesday of every month by appointment only. David will do a full hearing screening, check the batteries in your hearing aid and/or check your ears for wax. To make an appointment for any of these services, kindly contact the Center at 203.341.5099.

* - Requires physicians approval, fitness intake form and signed release waiver.
Please see front desk for these forms prior to registration.

Enjoying Your Computer

Westport Center for Senior Activities

April, May, June 2010

Computers 101

For those of you who are intimidated by the word “technology,” this is *your* class! Follow up on your New Year’s resolution! Learn how to turn it on, use the mouse, and keyboard basics. Other skills learned include email, word processing, and web surfing.

Dates: 4/5, 4/7, 1 – 4 pm
4/9 1 – 3 pm

Cost: \$45.00

Internet/Web Classes:

Internet Basics

Don’t know the difference between Facebook and Twitter? This 3-session course will introduce you to the joys and possibilities of the Internet in the 21st century. You’ll learn how to reach the Internet, followed by visiting popular sites like Mapquest, Weather, YouTube and Google.

Date: 4/12, 19, 26 10 - Noon
Cost: \$45.00

Intermediate Internet: Search and Research Techniques

This 2-session course picks up from the Internet Basics Course and zeroes in on techniques and websites to help you find almost anything on the Internet – from trivial to serious research. You’ll also learn how to go to informational sites like Wikipedia, Dictionary, and Answers to help you get immediate information.

Date: 5/3, 10 10 - Noon
Cost: \$25.00

Discover Google

Google is more than searching! Discover its many features including shopping, maps, personal calendars, and local services. Have a basic knowledge of the keyboard and Internet.

Date: 4/27 9 – Noon
Cost: \$25.00

Intro to eBay

This class is a demonstration on how eBay allows us to work as both sellers and buyers. The instructor will show you how to seek out merchandise, determine seller’s reputation and bid successfully. Users will learn how to establish accounts so that you can buy or sell.

Date: 4/20 9 – Noon
Cost: \$25.00



Brain Aerobics!

Keeping your brain sharp helps physical and mental health. Although we no longer possess the bloom of youth, we can improve our intellectual skills!

Date: 5/14 10 - Noon
Cost: \$20.00

Laptop/Netbook Basics

This class is a perfect follow-up for the computers 101 class if you happen to own a laptop or netbook! This single session will help you to become familiar with it. In addition to the applications it comes with; learn a few basics in hooking up to a wireless connection, charging, storage, etc. Bring

your laptop and power cord to class!

This class is designed for those with PCs. The instructor is not familiar with Apple.

Dates: 4/13 9 - Noon
Cost: \$25.00

Social & Business Online Networking

Discover websites that can help your personal and business life. The sites discussed in this session are more than just for youngsters. This class will discuss the following websites: MySpace, Facebook, LinkedIn, and YouTube. All of these sites are free. Ascertain which sites you’ll find useful.

Date: 6/24 1:30 – 4:30 pm
Cost: \$25.00



In this fun-filled class, discover YouTube. Do research, be entertained, be informed, and learn how to share videos from your camera or videos made on your PC.

Date: 6/22 2 – 4 pm
Cost: \$20.00

Shopping and Banking Safely Online

For those of you who are skeptical, the internet is safer than paper when banking and shopping when using safe procedures. Learn many useful tips to keep your identity safe. Learn about paying bills, shopping, or reviewing accounts. If you wish to set up bill payments, bring your checkbook, credit card

and bank statements as well as any bills you may want to pay on line.

Date: 6/25 9 - Noon
Cost: \$25.00

Productivity:

While you're writing your memoirs, an active volunteer, or still working, you'll find these courses helpful to maintain critical marketplace skills.

Greeting Card Design (and more) with Microsoft Publisher

Publisher does more than just greeting cards! Learn the basics of making unique cards that Hallmark cannot duplicate!

Learn other functions in this fun to use program.

Date: 6/18 9 - Noon
Cost: \$25.00

Word – Introduction

Word is the word processing package that allows you to write about anything! Create flyers or posters. Experience with mouse and keyboard is necessary.

Dates: 5/3, 5/5 1 – 4 pm
Cost: \$45.00

Word – Part 2

This class is for those who completed the Word - Introduction class or who are experienced with this program. Learn advanced functions including columns, “desktop publishing”, creating styles, tables of contents, etc.

Bring question/projects to class!

Dates: 5/17, 5/19 1 – 4 pm
Cost: \$45.00

Email Like a Pro!

Designed for those who've used email, learn a lot of new tricks including attachments, address book, and preferences. As we'll be working with your *personal accounts*, make sure you have your ID/Password with you. (Note: we

cannot work with Outlook Express).

Date: 4/15 9 - Noon
Cost: \$25.00

Excel

allows you to do budgeting, create lists, and perform calculations.

Learn how to chart information and other useful functions. Keep your finances organized!

Dates: 5/10, 5/12 1 – 4 pm
Cost: \$45.00

Excel - Part 2

Additional functions to develop your proficiency will be taught.

Dates: 5/24, 5/26 1 – 4 pm
Cost: \$45.00

Mail Merge

Need to do some mailings including letters, envelopes or labels? Be familiar with Word basics, keyboard, & mouse.

Date: 5/18 9 - Noon
Cost: \$25.00

PowerPoint

Learn presentation basics. Work with graphics, templates to make invitations or flyers.

Date: 5/19, 5/21 9 - Noon
Cost: \$25.00

Introduction to Digital Photography

This class is for those of you who already have a digital camera. Each camera's features will be discussed generically. Instructor will work individually with you to demonstrate the basic functions on your camera. Learn basic retouching and cropping techniques on PC. Bring:

- Camera with fully charged batteries
- Cables belonging to the camera
- Storage media (memory card)

Dates: 5/25, 5/27 9 - noon
Cost: \$45.00



Working with Scanners

Scan a picture and convert it digitally so that it can be retouched, emailed or stored. Learn how scans can be used in presentations. You can edit the photos at home or in our *advanced Elements* classes. Bring 12-15 photos to class.

Date: 6/11 9 - Noon
Cost: \$25.00

Photo Restoration with Photoshop Elements

If you have photos that you wish to improve by cropping, improving color, removing red-eye, etc., this course is for you! You'll learn how to fix damaged photos that may have been sitting in the dresser.

Experience with the mouse is necessary. Optional: bring a flash drive to class if you wish to take your work home.

Dates: 6/8, 6/10, 6/17
1:30 – 4:30 pm
Cost: \$65.00

Computer Clinic – FREE!

Why can't I download that file? This weekly drop in class will assist you with computer dilemmas. Instructor: Andree Brooks
Every Friday from 3:00 – 4:00 pm.

Fridays with Frank! (9 – Noon)

Make a one hour appointment with Frank to have personalized training on almost any PC topic Limit: 2 times per month, Westport residents only.

Call 341-5099 to schedule.
Price: \$3/appointment

Saturdays with Russ! (9 – Noon)

Make an appointment with Russ to have personalized training on almost any PC topic. Call 341-5099 to schedule a one hour appointment. Price: \$3.00/appointment.

The Westport Center for Senior Activities

Registration Worksheet

2nd Quarter 2010

Westport Residents: Registration Starts Monday, March 15th at 8:30 a.m.

Out-of-Town: Registration Starts Monday, March 22nd at 8:30 a.m.

In a joint effort to expedite the registration process for both senior registrants and The Center's staff, we ask that you please complete this form prior to approaching the front desk to register. Classes will be filled on a first come first served basis, with Westport residents getting priority.

The line and waiting time for registration at the start of a new quarter has grown longer, as both our class offerings and number of registrants increase each semester. Completion of this worksheet will result in less waiting time for you and your fellow seniors and a smoother process for all. Should you require clarification about any registration issues, please feel free to call us prior to the start of open registration at 341-5099.

Registration fees will be accepted via cash or check. If you are registering for more than one class and paying by check, one check may be written for the sum of the registration fees. Checks written in advance may be made payable to WCSA or they may be stamped at the front desk.

<u>Class</u>	<u>Day(s)</u>	<u>Time(s)</u>	<u>Instructor</u> (if available)	<u>Fee</u>
				\$
TOTAL PAYMENT DUE.....				\$

Name: _____ Phone #: _____

Westport Resident? ___Yes ___No

If you would like to receive an email of weekly upcoming Center events and you are not already on our list, please provide your email address below:

Thank You for your assistance in expediting the registration process!
We wish you all an enjoyable and fulfilling semester of classes, lectures and workshops.